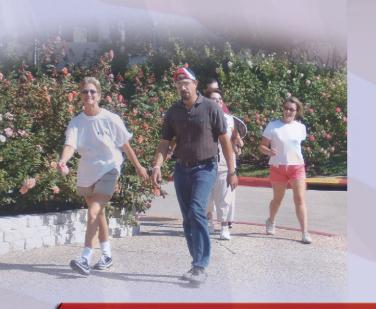
# VETERANS

# Get Fit for Life



### Take the Challenge!

Participate in fun fitness challenges, such as Walk & Roll (wheelchair) events, at your local VA medical center or in your community. Also, take the President's Challenge for fitness at: www.presidentschallenge.org





Want More Information?
Check out the
HealthierUS Veterans
website.
www.healthierusveterans.va.gov

or call 1-877-222-8387 TDD - 1-800-829-4833











# Obesity: A Major Risk Factor

If you are overweight or obese, you are at an increased risk for diabetes, hypertension, heart disease and many other diseases that could threaten your health.

# There is Help!

The U.S. Department of Veterans Affairs (VA) and the U.S. Department of Health and Human Services (HHS) are on your side. We've created HealthierUS Veterans, an initiative to help you get fit.

#### Here is What You Can Do

Stay active and eat healthy. Regular physical activity and good nutrition helps you:

- Have more energy
- Reduce body fat and weight gain
- Control your blood sugar
- Lower blood pressure
- · Decrease "bad" (LDL) cholesterol and raise "good" (HDL) cholesterol

#### Eat Healthy • Be Active • Get Fit For Life

- Aim for at least 5 servings of colorful vegetables or fruit each day
- · Have 3 servings of lowfat milk, yogurt, cheese or other calcium-rich foods each day
- Make half your grains whole grains
- Know the limits on fat, salt and sugar
- Control calories
- Drink water or other low calorie beverages

# The HealthierUS Veterans **Initiative Can Help You**

#### MOVE!

MOVE! is VA's national weight management program. MOVE! can help you lose weight, keep it off and improve your health. Find out more at:

www.move.va.gov

#### **Be Active**

Ask your medical provider about a "Prescription for Health" to encourage you to be more active. This prescription includes recommended steps to walk or

distance to roll in a wheelchair.

# **Find Health Information**

Use My HealtheVet as an important source for information about veterans' health and wellness.

Your BMI is considered too high and places you at risk for healt problems such as high blood pressure, heart disease, diabetes, ☐ I strongly recommend that you increase your physical r of steps to aim for most days of the week

Prescription For Health & De No.

# Connect with Community **Programs**

HHS's Steps to a HealthierUS Programs target diabetes, obesity and asthma by addressing

physical inactivity, poor nutrition and tobacco use. Many VA medical facilities and Steps Communities are forming partnerships to help you, your family and neighbors to lead healthier lives. Find out if your community has a Steps to a HealthierUS Program and how you can get involved.

www.healthierus.gov/steps





# Eat Healthy • Be Active • Get Fit For Life

- Use the stairs instead of the elevator if possible
- Take a walk (or roll) each day
- Park further away from your destination
- - Stretch while watching TV
  - Move your body every chance you get